



Diabetic instructions for getting ready for your test

For people with diabetes, your test will make you miss a meal, and it will change your usual meal plan. You will need to make sure you are taking care of your blood glucose. You will need to follow the instructions on this handout besides following the *Getting Ready for Your Test Day-by-Day* instructions.

There are several things to keep in mind while you are getting ready for your test.

- Check your blood glucose level before all of your meals and at bedtime on the day before your test and on the day of your test.
- Check your blood glucose if you have any signs of low or high blood sugar.
 - **Signs of low blood sugar are:** being hungry, shaky, nervous, sweaty, dizzy, sleepy, confused, anxious, and weak, as well as having a hard time talking.
 - **Signs of high blood sugar are:** having a dry mouth; being thirsty; having to urinate or pee a lot; seeing is blurred; feeling fatigued; feeling drowsy; losing weight; and being more hungry than usual.
- Make sure your test is scheduled for early in the day. This way you can eat after it and take your medication as close to the usual time as possible.
- Be sure to call our office if you have questions about getting ready for your test.

You should have no more than 45 grams of carbohydrates (carbs) at meals and no more than 15 to 30 grams of carbs for your snacks.

Here are the number of carbs in some foods and drinks.

Foods and drinks that have carbs	Number of carbs
Apple juice (4 oz.)	15
White grape juice (4 oz.)	20
Sports drinks (8 oz.)	14
Jello, regular/sweetened (1/2 cup)	15
Popsicles (read the labels)	15
Italian ice, not sherbet (read the label)	30
Sugar (1 teaspoon or 1 packet)	4
<i>Enlive</i> clear nutritional drink	52
<i>Resource Breeze</i> clear nutritional drink	53

Food and drinks that do not have carbs

Fat-free broth, bouillon, or consommé	Coffee, but no cream or milk
Clear diet soda, such 7-Up	Tea, unsweetened or diet
Diet cola	Seltzer, flavored water

Important to remember

- All the drinks, juices, jello or gelatin, and popsicles should be clear, plain, or yellow in color.
- They should **not** be red, blue, purple, or orange.

1 day (on: _____) before your test

Remember, you need to follow the *Getting Ready for Your Test Day-by-Day* instructions as well as these instructions. On this day you will be drinking only clear liquids.

If you take:	Morning	Lunch/Dinner	Bedtime
Pills you swallow, or Byetta	Take your usual dose	Do not take	Do not take
Lantus, Levemir, or NPH insulin	Take your usual dose		Take one-half (½) your usual dose
Humalog, Novolog, Apidra, or regular insulin	Take one-half (½) usual dose	Take one-half (½) usual dose	Do not take
75/25 or 70/30 insulin	Take one-half (½) usual dose	Take one-half (½) usual dose	Do not take

The day (on: _____) of your test

If you take:	Morning	Lunch/Dinner	Bedtime
Pills you swallow, or Byetta	Do not take	Take if you have had the test and you are eating	Take your usual dose
Lantus, Levemir, or NPH insulin	Take one-half (½) usual dose		Take your usual dose
Humalog, Novolog, Apidra, or regular insulin	Do not take	Take if you have had the test and you are eating	Take your usual dose
75/25 or 70/30 insulin	Do not take	Take if you have had the test and you are eating	Take your usual dose
